

**Putting skills to good use**  
Students use their  
hobbies to help  
charity groups.  
Pages B 8, 9

# SPOKE

A COLLEGE NEWSROOM FOR JOURNALISM STUDENTS

Twisting

army

Health and

Wellness Week

page people (cont.)

Page 2

MONDAY, MARCH 22, 2010

CONTRIBUTOR: KAREN MILROY, ENT

WWW.CONTRIBUTOR.CA/SPRKE

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Construction begins on the new F-wing at the Bowne campus on March 20. It will be finished near the end of the year. Karen Milroy, a general arts student, started working on the new F-wing.

## Construction begins on new F-wing

By KAREN MILROY

Students will now have new wings.

On March 8 students were greeted with a large crane working off a section of the blue parking lot beside one of the Bowne buildings.

Construction begins on the much anticipated F-wing on March 20.

There won't be anything that makes it stand out from the other wings, according to Tim Schell, manager of plant operations and real resources.

The new wing will house an expansion of health services and pre-health education programs. The expansion will help students who want to attend partner universities such as Wilfrid Laurier University, because there will be more opportunity for more exclusive programs. The partnerships take over in remote university.

The possibility of new programs include post-graduate programs for nurses who want to work in general hospital areas such as long-term care, mental health or pharmacy. It may also include a public health degree.

Admission into the intend-

to bring the low and security of administration and police departments students get involved in security related learning outcomes. The new wing will also help mental health students to focus their intervention skills on a more community/individual assessment, care and treatment in the new community and criminal justice program might be including teleconferencing sessions or a new teleconference centre.

Students will enjoy a new and accessible each of the three floors where they can interact with each other and faculty. To go along with that the students will also have professional practice labs, the health care students an expanded assistance centre and their life manager labs spread out amongst the three floors.

The wing is being built to meet the demand for health care needs in the health and life sciences programs. According to Michael French, executive director of health and life sciences, we don't always have room to accommodate the needs we have. "The way we would like."

The desire to develop new

types of learning environments and improve outcomes with this community also played a key role in the decision to build a new wing.

The building should be able to accommodate enrollment increases over the next five to 10 years. Faculty will be added as needed.

The building will meet Ontario and Canadian building requirements.

Other construction plans include the building of an emergency medical services station in partnership with Waterloo Region between the ATB building and parking lot B1.

Construction is expected to begin sometime this August or September. No specific date has been set.

Sharon Amdahl will be presenting the official design for the F-wing on March 20 at 2 p.m.

Conrad Milroy which is currently on site, is only doing the earthwork for the F-wing project. The company does projects such as oil/gas construction and residential/park construction.

A general contractor is expected to be named by March 25.

## Residence has new drug policy

By KAREN MILROY

Due to recent complaints that have arrived, Conestoga says there has been a new drug policy that came into effect March 18. Any resident who is found to be involved in the use of illegal substances on residence property will be considered for eviction.

Mike Cowling, director of residence and services, said we need to do every residence residence to make them aware of the new drug policy. It states the policy is in being put into effect so that residents can carry on having realistic make believe choices and help them use and strengthen the rules of their residence and protect them correctly.

"The main concern is that it is an illegal substance problem that is recently happening a lot more often. A lot of people seem to take a different thought pattern on what drugs being illegal," said Cowling. "You can start using that bad seed will stay with you."

Conestoga society will be immediately notified of any society involving illegal substances or paraphernalia and depending on the situation

Waterloo Regional Police may be called.

"We don't have control over students and what they do but when illegal substances come into residence property we have to take action," said Cowling.

If a resident does not obey the rules they could be evicted without discrimination and a resident could also be punished for having knowledge of a person who consumes illegal substances on residence property.

"There is a possibility," he said. "These students have a hard time understanding that it is not a possibility."

Police officers from Waterloo Regional Police Services are now working closely with Conestoga to try and stop the increase in illegal substances use on the residence. They, along with campus security drive through the parking lot and check in with each deck staff regularly to see how everything is going.

If a student suspects something they should notify their deck," said Cowling. "If you're experiencing a change in your room, it's not something you want to be subjected to."

## IS YOUR IPOD DAMAGING YOUR HEARING?



During Health and Wellness Week, students could have their photo taken reflecting their hearing status. Robyn Peacock, a Freshman hearing impaired student, reflects the results of a hearing test as a student.

## Now deep thoughts ... with Conestoga College

Random questions answered by random students  
If you could only watch one movie  
for the rest of your life,  
what would it be?



"*Star Wars*. I thought the plot was very interesting and it filled the mind."

**Kristin Arthurs,**  
Business Admin.,  
Office Administration  
general

"*Star Wars*. I thought the plot was very interesting and it filled the mind."

**Karen McRae,**  
second-year  
nursing



"*Avatar*. The graphics were very good and the plot was exciting."

**Michelle  
Warrington,**  
Business  
management

"*Avatar*. It has good acting, a good cast and a well thought out storyline."

**James Clark,**  
second-year  
accounting



"*Avatar*. It was a good movie."

**Heather Black,**  
Business  
Administration  
general

"*Top Gun*. I love anything with Tom Cruise."

**Andrea Foye,**  
second-year  
nursing



With contributions by: Kristin Arthurs, Karen McRae, James Clark, Heather Black, and Andrea Foye.

## Healthy living has its rewards

Don Franklin  
named winner of  
Healthy Living  
Challenge

BY NICOLE BARNETTE

Conestoga Healthy Living Challenge drew to a close on March 14 with woodworking faculty member Don Franklin being announced as the competition winner.

The Healthy Living Challenge was aimed at getting both staff and faculty and students at Conestoga to live healthier on a day-to-day basis by making small, positive lifestyle choices.

Participants were challenged to participate in several different healthy-life-style options over the course of four weeks, from Jan. 13 to Feb. 20.

The names of the winners were announced in the Student Life Centre during Health and Wellness Week. Franklin was the only participant in the challenge to complete all of the challenges every week of the month-long competition.

The wins, though, are not the only rewards. Participants, including students, stress reduction and physical activity weeks, included using the hydration station located in the C-wing, attending a relaxation session, going on a nature walk and attending a healthy eating seminar.

For his efforts, he received a three-month staff membership to the rec centre, donated by Paul Odeberg, and a gym bag and Conestoga gear basket, donated by the Alumni Association.

Administrators Leisha McLean, Leslie George, Giselle Goss, Amanda Colleary and Cindy Wiesemann were also recognized for their efforts in the challenge.

Some of these efforts included not taking days and water bottles donated by the Foundation, with participants donated by Chemistry and our much-appreciated donation by the EMBA.



Don Franklin, a woodworking faculty member, received a gift basket as the winner of the Healthy Living Challenge.

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### LAST DITCH EFFORT



With contributions by: Kristin Arthurs, Karen McRae, James Clark, Heather Black, and Andrea Foye.

# Houseplants clean the air

By MICHELLE BONNER

Houseplants have a reputation of being dull and banalized with nesting boxes, flowerpots and dried leaves. But in truth, they're much more than a decorative item. Not only have they been known to create a more well-coming and relaxing atmosphere, they've also been proven that they are beneficial to our health.

"In the late 1980s, NASA actually conducted a study that showed some typical plants commonly used as houseplants are not only remove harmful chemicals from the air we breathe, they're also important because it helps prevent sick building syndrome," said Jim Murray, the web extension specialist at Canadian Gardening.

Murray explains how houseplants clean the air through a three-step process:

"It starts with capturing particles in breathing, then with certain plants like ferns, and other more robust ones known as traps in the soil and then we actually make an alkyl. Plants help remove toxins from the air, as well as exchange certain chemicals for oxygen through photosynthesis," he said.

Murray encourages students to invest in houseplants for their well-being. "Another reason students would benefit from houseplants in their dorms is a theory called the

garden, which suggests that human beings naturally need to be around plants and other living creatures in order to survive and thrive. Studies have also shown that workers can up to 17 per cent more productive when they have plants at their offices and workers with plants can keep past their deadline best on workers," he said.

Students can benefit their academic and prestige scores grade by skipping by a local grocery store or grocery store for a few basic houseplants.

But Murray recommends doing some research prior to purchasing the plants for students with pets, as some of these can be poisonous if ingested by a dog or cat.

Many of the plants that have been proven to clean the air are not only affordable, but also to care for. Some of these plants include English ivy, spider plants, dianthus and gerbera daisies, which cost about \$20 to \$30 each for a small plant.

For students, I would probably recommend easy things like philodendrons, dianthus and spider plants... although it would say any plant would provide the benefits of a natural boost and better oxygen levels in the room," said Murray.

For those who have a passion in caring for your houseplants, visit [canadiangardening.ca](http://canadiangardening.ca) and simply search "houseplants."



PHOTO BY MICHELLE BONNER

Colossus is one of the best houseplants because of its colorful foliage, small flowers and ease of propagation. It's a member of the monstera and philodendron families, which are known for taking out of the air in your home.

## IT WAS A SUPER SWEET SUNDAY AT RESIDENCE



PHOTO BY MICHELLE BONNER

Residence minor math student, Sean Brown, and food court customer service representative, Leah Cormier, served homemade cookies to students at Canadian Residential on Sunday, March 20. Cormier used to work at Miette Bistro Eatery for two years, and she made the two Brownies — chocolate cake and tiramisu cookies — which sold for 50 cents.



### COUNSELLOR'S CORNER:

#### Stress and Stress Management

##### Part 1: What is Stress?

Stress has become part of our everyday vocabulary. Why write a column on stress when everyone deals with it daily? Since stress is misunderstood and unmanaged, let's start with understanding.

Stress denotes the changes that we undergo as we experience and adjust to our continually changing environment. It has physical and emotional effects on us and can create positive or negative feelings. As a positive influence, stress creates anticipation and excitement and can compel us to action (remember that clutch angle that won the T-ball game for your team?). As a negative influence, stress can result in discomfort, anger and rejection, with health problems such as headaches, upset stomach and insomnia.

Although almost everyone responds to some situations with a high level of stress (death of a loved one, birth of a child, beginning or ending a relationship), individuals respond differently to most situations. These become stressors for an individual only if they are construed as threatening or dangerous. Most of us cringe at the thought of having to parachute from an airplane, some find it a challenge. Most of us avoid contact with snakes. Others keep them as pets. Most of us experience anxiety at the thought of presenting in front of a class, and while some will do anything to avoid it, a few get totally turned on.

The goal is not to eliminate stress but to learn how to manage it and even use it to help us. For more information or help with Stress Management, talk with a counsellor in Counselling Services.

*A Message from Counselling Services, LAUU*

# Parking woes continue

## By Sami Sivars

College administration has taken a lot of heat this school year over the lack of parking on campus. With construction now underway on the new P wing, it has become even harder for students to find a spot for parking the spot.

Some spaces near the construction site, on Lot 10, have been blocked off by heavy equipment and are packed there, and the safety cameras.

With an almost 20 per cent increase in the number of students on campus, parking has been a problem this year. The days of arriving at school two minutes before your class starts are no longer feasible because of the new on-campus safety, so likely you won't be able to find a parking spot.

The year began with students complaining that there were not enough parking spaces to go around, so parking lots were sold out.

The college dealt with that situation quite well, informing students that spaces would become available as the running results on students gave back their spaces after finding someone to carpool with or discovering college life away from the phone.

Then the college took a lot of heat because they sold more spaces than there were spaces available.

When walking through the parking lots to the morning train and continuing to be a constant right to see several drivers running up and down the paths, immediately I thought to myself, hoping they would be fine for that.

The college tried to help students by adding about 250 new parking spaces at the back of Lot 10. The thought was nice but the parking situation still has not improved.

And the parking situation isn't going to get any better next year.

If the college has another increase of 20 per cent in its enrollment, there will be a lot more angry students.

Solving this issue should be priority No. 1 for the college in the summer, as it is an issue that isn't going away anytime soon.

Perhaps a parking person is the answer.

The views herein represent the opinions of the newspaper, not necessarily the author.

## Letters are welcome

Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification. No unsigned letters will be published.

Letters should be no longer

than 500 words. Spoke reserves the right to edit any letter for publication. Address correspondence to: The Editor, Spoke, 295 Queen Valley Dr., Room 1200, Kitchener, Ont. N2L 6M4.



Sidney Crosby scored the winning goal in overtime to clinch Olympic gold for the men's hockey team. Will the victory be one of our generation's milestones?

## Do you remember where you were?

Every generation has our own milestones events where everyone remembers exactly where they were when it happened or when they found out about it.

For some it was 9/11, Days during the Royal Wedding, War or when Pearl Harbor was bombed. For others it may be when John F. Kennedy or Martin Luther King Jr. were assassinated.

For my generation, I believe it will be September 11, 2001, when the twin towers in New York City fell. Everyone will remember where they were when they either saw or heard about 9/11.

I was in high school at the time and heard some other students talking about planes crashing into buildings. But I just knew there were multiple plane crashes because that's what I had learned about.

However my friend's older brother picked a group of us up from basketball practice and she explained what had happened. I remember we were driving along Oldham Drive in Kitchener when a friend of mine said "There's smoke in the bushes" and behind the trees you could see and she used hand gestures to show us what happened.



Jennifer Scherfes  
Editorial  
Opinions

On a happier note, Canada achieved another milestone recently - the men's hockey team was gold at the Olympics Games in Vancouver. That was a big deal because it was our home city.

Yes, I realize that it wasn't our first gold in a long time, and we had already won the women's hockey gold. But, with all due respect to Alexi Kovalev and the women's hockey team, I believe the success of Robson of the 2010 Vancouver

Olympics ranked with the men's hockey team. Even if we hadn't won a single other medal, if we won hockey gold at least we would have been the best at the sport we care the most about.

I wonder if the men's national Olympic team will ever be the United States in overtime will be one of those milestones.

I wonder if Sidney Crosby will be on the next platform as Paul Henderson, Wayne

Gowdy and Terry Fox.

I wonder these things because I think I was the only person at Canada not watching the game. I was waiting that evening and started to ride my horse.

Every time we're in a whole show we're up late on the radio while I was taking selling on the phone, in my sole bartending or growing vegetables on what we put the patch on the net. At Starbucks I heard one barista tell another that the U.S. had not had the game with Canada's national team and the game was being overestimated.

Occasionally my friends would also try me update.

However I have heard when Canada was because of all of a sudden we place almost turned out of my pocket as multiple messages came at once - "THEY WON CROSBY SCORED", "CANADA WON GOLD", "YOU WOULD NOT BELIEVE THE CELEBRATION!"

I wonder if I will regret that I didn't remember my schedule to watch and may have missed an important moment in my country's history. Or perhaps I will remember it more clearly if only because I was the only one not caring anything out of the ordinary.

## SPROKE

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**Editor-in-Chief**  
Advertising Manager: Jamie Feltz  
Art Director: Spencer Robbie  
Editor-in-Chief: Jennifer Scherfes  
Opinion Columnist: Sami Sivars  
Graphic Design: Greg Green

Production Manager: Paul Rizzo  
Editor: Scott Brinkley and Michael Smith  
Photography Manager: Kristen Cooper  
Prints and Photography Editors: Alex Jones,  
Sarah-Jeanne Léonard, Leah Smith and

Media Production:  
Faculty Supervisor and Advisor:  
Christie Jones

Spoke website: <http://spoke.conestoga.ca> Email: [spoke@conestoga.ca](mailto:spoke@conestoga.ca)

Editorial Director: Bill Atkinson  
Prints: 070 144 4209 ext. 4800, 4801, 4802  
2011 For 800 360-2344  
Email: [spoke@conestoga.ca](mailto:spoke@conestoga.ca)  
Web: <http://spoke.conestoga.ca>

# Don't forget about John Hughes

For a guy who disappeared from the public eye nearly two-decades ago, questions still this writer and director John Hughes seems to have been getting a lot of media attention over the last few months.

This is of course not overly surprising, as to his death of a heart attack at age 45 in August. However, the recent interview he gave, deep passion from film-making and contributions to popular culture seems like a fairly typical case of not truly appreciating what you have until it's gone.

Hughes' response for writing and directing classic movies like *Home Alone*, *The Breakfast Club* and *Ferris Bueller's Day Off* was blossomed with a healthy enthusiasm during this year's Academy Award broadcast. It was an unusual occurrence for a filmmaker's speech that is otherwise apparently trying to not be too serious. His comedy series *Community* has made instant immortals of Hughes. Even a trademark of his signature off-camera humor.

It would be easy to write off this attention as just the



Debbie  
Reynolds  
Speaker

recognition for 1980's *Home Alone*, or just another bit of recognition for the *Home Alone* that spawned the *Home Alone* series. But there is more to it than that.

While support in John Hughes as a person may have had a resurgence since his death, his films have never really gone away. The memorable scenes and characters from these movies not only entertain the audience, but also teach valuable lessons. These lessons have presented the cultural lesson in such a way as to make them instantly recognizable.

These movies have had a rather unusual in front of an obviously determined class, causing the professor to exclaim, "Ferris! Ferris! Ferris!" as a way to regain the student's attention.

The generation that was

raised on these classics, their now consisting of 18-year-olds, are still good students. Hughes is still out to make us smile, albeit through his art and his art is right.

He likes starred women who either have to figure out how to be good or the part struggling with issues that were relatable to young people. When Molly Ringwald's character Jennifer in *Sixteen Candles* is trying to make the eye of that seemingly perfect senior boy, but can't seem to make it happen, a statement of a nearly毕生, there were plenty of young women out there who could relate to her frustration.

The oft-quoted scenes from *The Breakfast Club* when a group of kids from various different cliques endures a Saturday of detention at the school's library and come to realize they are not as different as they seem will teach the same universal punch today as they did 18 years ago.

Even the stereotypes of "a team can achieve a goal" over a "propositional or rational" are a bit odd, but the challenge of trying to figure out who you are and who you can become becomes apparent.

While these films are not necessarily the most popular, they are certainly the best. Hughes is still making and his art is right.

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When Molly Ringwald's character Jennifer in *Sixteen Candles* is trying to make the eye of that seemingly perfect senior boy, but can't seem to make it happen, a statement of a nearly毕生, there were plenty of young women out there who could relate to her frustration.

The oft-quoted scenes from *The Breakfast Club*



1 in 5 survivors  
get senoritis

Before my diagnosis  
I was a problem patient  
Life was good and  
the future was bright

See what's about  
Jung, E.



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# Conestoga College students put their



Volunteer students worked hard preparing the Bovens in the community of the Waterloo Regional Detention Centre during their last day, March 19, on the site.

By LISA BUCHER

This is the third year in a row that students at Conestoga College's construction technology program and students in skilled trades programs (WRCST) have used their skills to help out for profit organizations with renovation jobs.

To get the word out about the volunteer labour Doug Lockton, a Conestoga College carpentry professor who co-ordinates the students' volunteer activities, contacted the Waterloo Action Centre and the Kitchener and Cambridge United Ways who in turn, made non-profit agencies aware of the opportunity to have renovations done. The college then provided them with an application.

A selection committee which consisted of people who have businesses within the community, reviewed the choices and then a site tour was done. "We bring the non-profit directors in to do a presentation about what their charity does in the community and then based on that they [the students] decided which one they would like to work on," said Lockton.

"This is an opportunity for them to take their newly acquired skills and put them into the community and they become volunteers of the agency. We do incorporate some of what our students know but it's not a set up or a project, it's a choice and they had to work on it."

The first they chose three

projects as well as one at the college.

"Fifty-one students spent a total of 1,000 plus hours working on our Bovens within two weeks," said Lockton.

One of the sites chosen was the Waterloo Regional Detention Centre. "The mission is to bring the hope of the gospel to the homeless youth, adults in conflict, families in poverty and those struggling with addictions and/or mental health issues," said Lockton. "They work with people off the street. They also support the Out of the Cold program, providing meals and food like the soup kitchen does."

At the Bovens Centre the students worked on preparing the room for the ministry and painting and preparing the stage. "The Bovens Centre, because of the size of it, is unique and we can only give them one week's worth of labour. They will just carry on with renovations from the community," said Lockton.

Home Renovations donated the money for the Bovens Centre to purchase the materials. Swanson's Home Hardware Building Centre provided the material at cost and the students provided the labour.

"It's good to put all the things you've learned and put those hands on. I was working at a construction site that is really busy," said Vicki Lutman, a student at the eight-month WRCST program.



ABOVE: Matt Brouwers, a renovation technology student, putting up drywall inside during his final day working there. Right: Jason Mitchell, a carpentry technology student, paints a floor at the Cambridge Shelter. Conestoga students spent a total of four weeks at the site, preparing the space for re-opening.



# renovation skills to charitable use

She and the students had safety skills working up high, working on scaffolding and working in a crane.

"It is community work. I have always tried to move up to new levels. That is the greatest issue, it is going to be a chance for the students there. Tuesday night they have homeless people come in and sleep there so it is important that it is safe. This organization is so much more than just having the homeless they help everyone involved."

The second site was St John Ambulance. "There was a lot to consider. Cambridge requires their health, safety and quality of life through training and continuous review. So we are working there," said Larkham.

In St John Ambulance the students painted and put up panel and vinyl, along with the floor and roof of the building. Stannah Homecare Building Centre donated the materials for the insulation, drywall, insulation, a WHM student, said. "This was one of three that we could have

and outside."

The third job site was the Cambridge Shelter, on the downtown side streets of Cambridge.

"The Cambridge Shelter is for individuals and families who are homeless. They are a drop in center, provide individual and group case management," said Larkham. "It's there in a small house that they have recently purchased and are put in two rooms for them with usual good doors and insulation walls and we painted those walls in order to make a large open area where they can have a bit more privacy. There are between 15 to 20 people staying in a cycle."

For the Cambridge Shelter Management Home Hardware donated the materials. Kitchener Homes provided the vinyl drywall for the new WJ Electrical did the electrical work and the students provided the labour.

Mitch Hayes, one of two students on the insulation techniques program, worked on the Cambridge Shelter project. "When they came in

to help people like ourselves I thought that would be good for them to get a glimpse what is like."

The fourth project was the Stannahs Home, a permanent community on Franklin Street in Kitchener. The students built park benches on campus for the retirement homes audience. Stannahs provided the money and the supplies were purchased through a campaign on Facebook. The students painted the chairs and Stannahs Home Hardware will deliver the benches.

"I think everyone benefits" said Larkham. "The not for profit agencies benefit from our students providing something that may not be able to do or would take a lot of money. The students benefit because they are actually doing a real job site and be able to show their skills that they have learned over the last couple of years. The colleges benefit because our programs are getting out there and the word is getting out to the community at large that here is what our students are accomplishing."



Left: Mitch Hayes, student in the WHM insulation techniques program, and right: Ashlee Guter, student in the WHM insulation techniques program, work on building the Stannahs Home, located at 10 Franklin Street.



PHOTO BY CRAIG MUNLEY

Above, left and right, Natalie Hughes and Ashlee Guter work hard at the St. John Ambulance site. Hughes is a student in the high school WHM program, and Guter is one of only two students in the insulation techniques program. Left: Mitch Hayes, the other student in the insulation techniques program, measures for insulation at the Cambridge Shelter during his first day at the site.



# Conestoga offering new trades programs

## By AMANDA NEAL

Students looking to start a career in the skilled trades will be interested in two new programs at Conestoga College.

The mechanical techniques plumbing program and power line technician program will each provide students with the skills necessary to start careers in plumbing and power line maintenance.

The mechanical techniques plumbing program is a copy-on-Canada college certificate program offered at the Waterloo campus. The program will provide students with the theoretical and practical skills needed in the plumbing trade.

"The plumbing program is focused on giving students the hands-on experience needed in the industry," said Abby Brundage, student and employer liaison for trades and apprenticeships.

The power line technician program is a four-year diploma program offered at the new Waterloo campus. Students will learn the skills needed for the maintenance, installation and repair of overhead and underground power distribution systems. Students will be required to

pass line technician apprentice and will participate in two 10 week co-op terms.

"There is a need for power line technicians in the region," said Brundage. "The co-op placements for this program are very easy to get."

**The plumbing program is focused on giving students the hands-on experience needed in the industry.**

— Abby Brundage

The School of Trades and Apprenticeships at Conestoga College currently offers over 60 different programs, ranging from traditional vocational trades to diploma programs. In recent months, the school has seen a large increase in demand for trades programs.

"We are looking at the coming year for growth in the trades," Brundage said.

"The Waterloo campus has a new building to help meet that need."

"My Corolla has been



Amanda Neal



Shannen Taylor



Heather Grand



Andrea Marshall

# Toyotas: to buy or not to buy

Students and residents have mixed feelings

## STUDENTS AND RESIDENTS BY ANDREA MARSHALL

Toyota has faced criticism from media and consumers over their recall that started in January. The gas pedal was sticking, causing cars to speed up at such a rate that it made it difficult to stop. Since the first 3.3 million vehicles were recalled at the beginning of the year, including the Avalon, Camry, Corolla, Cressy and Highlander, Toyota has also recalled the 2008-2009 Prius and most recently the 2010 Prius.

With so many problems in North America, a number of car companies have started public opinion about participating—*or not*—in the new.

Heather Grand, a Waterloo architecture student, hasn't had any faults.

"My Corolla has been

200,000 kilometers on it and still starts with the first turn of the key every time."

However, Amanda Neal doesn't share Grand's sentiment.

"I have a four-year-old daughter, who would I take there kind of ride?"

Children are always a big concern for parents when choosing a car to get them around.

"My son is everything to me. I don't have anything negative about Toyota, but I wouldn't consider buying a car with him in the car," said Shannen Taylor, an executive assistant who chose to stay with Chevy even before the recall took place.

Heather Marshall, a Waterloo architecture student, hasn't had any faults.

"I own a 2007 Toyota, and it has been nothing but an excellent car. I know it's not

on the recall list or anything but I would never buy another Toyota in my life."

Students and residents at Toyotas as reliable that even Andrea Marshall, a high school student, would consider purchasing a Toyota.

"I'm not ready to buy a car yet. I don't like my parents. Period. Second, right now, that, I might consider getting a Toyota. I am sure they will have everything figured out by then."

Toyota has been under fire by everyone for their recalls, but some consumers are staying loyal, including Katie Grand.

"I'd buy a Toyota in a heart beat."

Andrea Marshall, a Waterloo architecture student, hasn't had any faults.

"I own a 2007 Toyota, and it has been nothing but an excellent car. I know it's not



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## HOROSCOPE

West of March 21, 2012

**Aries**  
March 21 -  
April 19

This week you will watch The Devil the Red and the Ugly, and as such become a great fan of films to the power of Spaghetti Westerns.

**Taurus**  
April 20 - May 20

On Thursday evenings with whom you live will decide to purchase an older state computer that you cannot afford to buy. This will annoy you terribly.

**Gemini**  
May 21 - June 21

You will do some painting, remember that many kinds of paint stain. Wear some long sleeves so you do not mess when you spill paint.

**Cancer**  
June 22 - July 22

At some point this week you will get into a discussion with someone who thinks a diet of only local foods is a good idea. They are wrong.

**Leo**  
July 23 - August 22

On Friday a fast-moving drunk will attack you. It would be wise to purchase some tomato juice and alcohol shampoo in advance.

**Virgo**  
August 23 -  
September 22

During the weekend a tree branch will pull up your root and cause an allergic reaction. Try and get some non-drowsy antihistamine.



Nick Dasko is a second year journalism student who makes these up for your amusement.

**Libra**  
September 23 -  
October 22

A very large lizard will crawl over your shoulder. There are nine why it will continue this.

**Scorpio**  
October 23 -  
November 21

At some point this week a small blood bug will attack you. You are not the type that likes to be out in a spider trap named after a photographer.

**Sagittarius**  
November 22 -  
December 21

You will wonder why your water bowl is perpetually green. It seems your room mate has too much green food coloring this week.

**Capricorn**  
December 22 -  
January 19

At some point during this week you will sleep in an inverted position and as such experience such pain for the entire next day.

**Aquarius**  
January 20 -  
February 18

On Tuesday someone try and to replace John Cleese's hat with from Monty Python. Jimmy Carter will look you to the face.

**Pisces**  
February 19 -  
March 20

This week you will thoroughly enjoy Wilcox of Neptune. This is a new CD from Jimmy Hendrix. Pisces Pisces realize that he is still dead.

## Job fair Wednesday

## By DEBORAH FRASER

Come out to the Conestoga campus job fair this Wednesday on the main quad.

The free fair is from 10 a.m. to 1 p.m. and will feature more than 40 employers looking to fill full time and temporary positions.

Marketing and events co-ordinator for co-operative education and career services, Carol Black, said that Conestoga offers resume workshops and rapid resume service for the students who want to prepare for the fair. Students can drop in to the

rapid resume review at the Conestoga Centre today or tomorrow to receive a resume or professional looking letter they hand out at the fair.

"We provide a quick reviewing of a student's resume before hand," Black said.

Todays there will also be tables set up at the Student Life Centre where visitors from the fair will be present.

"There will be booths available that allow all the employees making an appearance at the fair and explanations of what they are looking

for in terms of job descriptions and qualifications for the position.

Black suggests that students and graduates attending the fair should dress professionally and bring a polished resume. It is also good to do some research on companies that might be of interest.

Black has received positive feedback about the interest from employers and students.

"Employers tell us it is a good resource for them and they like our students," Black said.

## HAVING FUN AND GETTING FIT AT THE SAME TIME



Veronica Marrocco, Deep Wood and Caleb McDonald competed in a game of extreme Twister this week of March 8 which got their hearts pumping early during Health and Wellness Week.

# Student Life

inspire - inform - involve

[www.conestogac.on.ca/studentlife](http://www.conestogac.on.ca/studentlife)

## Student Life Blog

Check it out online

Hear about what's happening on campus from



# Condors fly through regionals

By Mark Stevens

Condors' indoor soccer teams will play their last matches on March 25 and 26. It will be for the OCAA championship. Both the men's and women's Condors teams qualified for the championship tournament through their performances and results at the WPSL Regionals on March 10.

The men's team finished with a record of 2-0-2 while the women's team placed second, finishing with a record of 2-1-1.

The regionals were held at the Okanagan Soccer Centre

in Kelowna. The men's team scored a total of 10 goals in the tournament, while the women's team scored 11 goals. The Condors' men's and women's teams will compete in the OCAA championship on March 25 and 26.

The men's undefeated tournament started with a defensive 0-0 draw against a team from up north, the Algoma Thunderbirds. After four more losses they made a statement by beating the Redwater Knights 3-1. After shutting out the Niagara Knights 3-0 the Condors faced the rival Phoenixes

Falcons with both sides playing a defensive match but ultimately falling 1-0. The game was held on March 10.

The women's team's first game in the championship and in their second, will come in the OCAA on March 25.

The Lady Condors started with a closely contested 1-1 draw over the Algoma Thunderbirds. They then won on the road to the Redwater Knights 3-1 before handing the Niagara Knights another loss at the hands of a康桥 team with a score of 2-0. They were only defeated in their last game against the Phoenixes Falcons by a score of 2-1.

The Lady Condors are now 1-1 in the championship with the men's team having a record of 1-1-1 in the championship to finish their first year. Overall, the Lady Condors are 6-1-1 ranking 10th in the OCAA.

"Winning the provincial championship is great. It takes great goals, which are not consistent, stamina and a strong attacking mindset."

The two teams will travel to Vaughan once again for the OCAA championship. The OCAA features a two-round road field which is divided into three indoor fields for fast-paced tournament action.

If the Condors will not be invited to the regional conference, it will be the first time in the last 10 years that the Condors have not made it through the rounds. "It's a long road, and we will probably not be invited, but we don't know what it will take to win."

"We have to work hard and be better than the other good teams and players who are working and working. We have to play for each other, we have to care for each other, we have to be a close unit, and when we get those teams working at their best, and a little bit of luck, everything else will follow."

## Local artist is living her dream

### Winning a competition helped reinforce her career path

By Mark Stevens

#### Feature

Designer and competitor, Robyn Dell'Unto, was 18 years old when she decided what she wanted to do with her life.

She entered a battle of the bands competition at her high school, against a horde of girls who were four to five years older than her, and she won.

"Winning that competition helped me decide that if (performing) was legit," Dell'Unto said. "I realized that anyone could join the party."

Her latest album, *Here Comes Love*, is actually a compilation of songs that she has been playing for as long as three years, performed as a soloist, acoustic

her as a skeleton with long hair and a smile, wearing a jacket.

■

**Winning that competition helped me decide that (performing) was legit.**

— Robyn Dell'Unto

■

That is exactly what she did and her competition, once stripped down to the bare essentials: Playful melodies and simple lyrics, coupled with simple back beats that were crammed on your head for days.

Truth be told, Robyn Dell'Unto writes about art.

She said when you open your mouth, the word of the day comes out.

"I was in awe of how at first, the words and such a things. She was really good at tailoring those words."

After taking part in a few performances last year, Dell'Unto was discovered and signed by Orange Label, the record label of her choice.

With that development she now has an infinite studio to use, when recording, rather than rolling up your old sheets who have the equipment she needs to make her music.

"It's a dream come true," she said.

She has one song available on iTunes, *Ghost*, which was

robyn dell'unto



care comes first

featuring an all-expense paid trip to the OCAA indoor tournament.

Dell'Unto's future looks bright, with an awaited album set for release in May. She is currently touring through southern Ontario, then on to Niagara and Muskoka in early April.

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Student Life

Monday March 29

Tuesday April 1

Wednesday April 1

Thursday April 1

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